

## Book Reviews

**"I HATE MY PARENTS—THE REAL AND UN-REAL REASONS WHY YOUTH IS ANGRY"**  
by Anita Stevens, M.D. and Lucy Freeman,  
published by Cowles Book Co., Inc. N. Y., 183  
pages, \$5.95.

With Freudian analysis receiving severe criticism currently, this informative, popular version of psychoanalytic concepts is most timely and useful.

It is written by Anita Stevens, M.D., an outstanding psychiatrist and psychoanalyst who holds a presidential appointment as psychiatric consultant to the Selective Service System among many other honors, and Lucy Freeman, who has helped interpret psychoanalytic dynamics to the laity in many magazines and books.

In this book, the reader obtains a clear, descriptive and expository glimpse of psychoanalytic practice. There are 10 chapters popularly captioned "Loves New Repair", "Our Turned On Youth", "The 'Good' Child", "Sex Rears Its Realistic Head", "The Oedipus Hang Up", "The Angriest Youth Of All", "Death To The Bedwetter", "The Youth Who Acts Out", "The Youth Who Withdraws" and "The Real And The Unreal."

The cause, meaning and purpose of symptoms are logically treated. "Anger will out one way or another" and "emotional distress cannot be cured by pills alone", emphasizes Stevens. She writes about adolescent upheaval, school problems, rude behavior, defiance, sex conflicts and promiscuity, problems of separation, acting out, stealing, the search for "instant mothering" in drug abuse, enuresis, psychosis, psychosomatic problems—all of which are presented in a well-knit fashion. Parents are dealt with sympathetically and include the seductive, overprotective and conflictful. The fascinating analysis of the Tate murder is most instructive. A specific list of real and unreal reasons for hatred towards parents is presented. Suggestions for the prevention of delinquency are provided along with useful danger signals to alert the parent to seek professional help.

This collaboration by Stevens and Freeman is most effective. It is recommended reading for the layman, and to all students of the behavioral sciences who wish a meaty, easy-reading objective introductory glimpse into psychoanalytic dynamics with practical suggestions for the treatment of youth.

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**THE ORIGINS OF PSYCHOPHARMACOLOGY.  
FROM CPZ to LSD.** By Anne Caldwell. Spring-  
field, Ill.: Charles C. Thomas.

In reviewing this charmingly written and detailed documented chronological account of the origins of the modern era of psychopharmacology the feeling kept coming up that the title should have been subtitled, "A Tribute to Laborit". In a nutshell this is the major theme of the book. The thesis is repeatedly presented that the introduction of chlorpromazine into psychiatry was due specifically to the sagacity and clinical insight of a surgeon, Dr. Laborit, rather than to any psychiatrists.

Furthermore, according to Dr. Caldwell, chlorpromazine's usefulness in psychiatry did not stem merely from serendipitous observations by Dr. Laborit while clinically assessing a drug already in existence. Rather, she claims, it was Dr. Laborit's intimate knowledge of the pharmacologic actions of other older phenothiazines (promethazine and diethazine) that stimulated the systematic studies culminating in the development of a new phenothiazine possessing certain specified properties. If such a compound were made available, Dr. Laborit knew that, *and why*, "this drug would be effective in the therapy of psychoses." To aid the reader in seeing how Dr. Laborit was so visionary she states, "Laborit clearly understood the intrinsic similarity between postoperative disease and mental illness." She further tells of Laborit's examination of chlorpromazine in postoperative patients where the drug caused ". . . their anxiety to vanish"—from this use in surgical patients ". . . for the prevention or therapy of anxiety: from here to the therapy of psychoses was but a small step."

While there is no doubt of chlorpromazine's effectiveness in the treatment of psychoses, the logical thinking that she attributes to Laborit in the evolution of the drug is not convincing nor clear. In 1970, 20 years after chlorpromazine's introduction and after thousands of published scientific articles, we still do not know how or why the drug works: to argue an analogy between the postoperative state and mental illness cannot be justified with any body of facts; and to claim that the therapy of anxiety differs little from the therapy of psychoses is contradicted by all we have learned in the last 15 years from the pharmacotherapy or the psychodynamics, of the two states.

In another chapter she describes in glowing words the successfulness of his clinical trials of